

Sawbones 274: Bleach

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Justin: Just a quick content warning before we get started this week on Sawbones. We're gonna be talking about some current disturbing therapies... "therapies" that are being used primarily on children and other vulnerable populations. So if that's something that you would find distressing, this may be an episode that you would want to skip.

Intro (Clint McElroy): Sawbones is a show about medical history, and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax, and enjoy a moment of distraction from that weird growth. You're worth it.

[theme music plays]

Justin: Hello everybody and welcome to Sawbones, a marital tour of misguided medicine. I am your co-host Justin McElroy.

Sydney: And I'm Sydney McElroy.

Justin: And Sydney, I am not necessarily looking forward to this episode!

Sydney: No. I-I have to say... So, generally we stick to, uh, history. Although, I mean we, we, we dabble in the modern. But whenever I get a lot of tweets and emails and Facebook page notifications about a topic, even if it's more modern I feel like it at least needs to be looked into.

And this is... In the last few weeks, I got... Well, not the last few weeks. It's been like, the last two, maybe, weeks. I got a lot of... I had a lot of listeners reaching out and saying, "You need to talk about this," and while seems like an obvious thing that is bad and everybody should avoid, I think it's worth discussing, because this... treatment, and I hesitate to use the word "treatment" because it is not a, a treatment for anything. It does not treat anything, so the, the word "treatment..."

Justin: Understand, if we use things like "treatment" or, or, or "therapy" in this episode, it's with a pretty big air quotes.

Sydnee: Alleged treatment.

Justin: Right.

Sydnee: Uh, is being used by a lot of people currently, and it is not... There, so far, does not seem to be an end in sight, to at least some people continuing to follow this protocol. So I think it is worth discussing some of the... To kind of unravel some of the language that is used around this, some of the science, so that if you hear someone talking about it, you, you know exactly why it's such a bad idea, and why the things that they're saying, the people who sell this, are lying.

So we're gonna talk about bleach medicine.

Justin: Okay.

Sydnee: Now, the first thing I'm gonna say is that people who push these supposed treatments will tell you, "Oh, well, see, the media doesn't understand. It's not bleach. They're lying to you. Either they're lying, or they just don't understand the science. If they understood the science, they wouldn't be saying this stuff. When they tell you that these medicines we're talking about are bleach, they're not bleach, so they're lying, so now you can't buy anything that the media says. "

Um, and there is a... There is a truth to that, as far as what they're saying. It is not bleach, and I want to get into exactly what they're saying so that you can understand why they are still being dishonest, just indirectly. So, Justin, when you think of bleach, what do you assume I mean if I say "bleach"?

Justin: Cloro-- Clorox bleach.

Sydnee: Do you know that--

Justin: I don't mean to besmirch the fine people at Clorox. I'm sure that they just want to get a lot of like, whites whiter and colors brighter, but...

Sydnee: Yeah, no. Clorox in no way endorses this.

Justin: Yes.

Sydnee: Yes.

Justin: Just to clarify.

Sydnee: No. I, I think that, um, they would be happy that the word "bleach" is synonymous with their brand.

Justin: Right.

Sydnee: Because that means it's what you think of when you wanna go buy bleach, but certainly not with this...

Justin: But no, no.

Sydnee: Fake medical practice. Bleach is the name we give anything that whitens or lightens or cleans stains. Bleach is not actually a single chemical.

Justin: Huh.

Sydnee: I always... Which is, which is a common misconception.

Justin: It is news to me.

Sydnee: The idea that bleach is a single thing. No, there are multiple substances that can bleach something.

Justin: Okay. So bleach is... Probably more accurately to think of it as the verb. Like "bleach," and then things that fulfill that are bleach?

Sydnee: Are bleaches.

Justin: Okay.

Sydnee: This is a bleach. Yes.

Justin: A bleach is probably a better... Using the indefinite article is probably more helpful here.

Sydnee: But we tend to, though. I mean, I would say most people say, like, "This is bleach."

Justin: "This is bleach."

Sydnee: Yeah. This is a bleach. Because we started out using things like lactic acid or lye to bleach things. Um, those were the early... And it was, it was largely to whiten things, to remove the color from something or remove stains from it. That was the original intention of, of these bleaches.

Chlorine bleach, which is what I think a lot of us associate with bleach, a chlorine-based bleach, was first discovered in 1774. And then in 1785 there was a French scientist, Claude Berthollet, who recognized that it could be used to bleach fabrics, and from there he also discovered sodium hypochlorite, which is like, the first... That, that was the first commercial, like, here's a bottle of bleach you can buy and use it to, you know, get your whites whiter. And they used to call it Javelle water. That was the borough in Paris where they first made it.

It was 1820 when another French chemist, Labarraque, discovered that you could, uh, disinfect things with bleach. So it was beyond just, you know, making something lighter. You could also clean things with it, and he started popularizing it for this use, and this spread very quickly to the medical practice, the idea that... I mean, yes, it's great for cleaning your counter tops, fantastic. But maybe we could clean, you know, medical instruments. Maybe we could start using dilute solutions to wash our hands or wash our, you know, our examining tables. Whatever.

The idea that you could start cleaning hospitals to improve conditions with bleach spread pretty quickly. Also, any, any place that dealt with animal products, like, um, slaughterhouses, became a very popular place to start using the substance.

Justin: Um, and that kind of goes... We're in the same sort of era, similar-wise, right? Like, figuring out that, that there's a connection between...

Sydnee: Yes.

Justin: Hygiene and, um, health.

Sydnee: As it spread-- Same kind of time period where we're starting to figure this stuff out. Um, the reason, by the way, that bleach does this... It, uh, it just... It's bad for organic things.

Justin: [laughs]

Sydnee: Living things.

Justin: A very layman's way of putting it.

Sydnee: Yes. It just... It destroys proteins. Um, so they're good, they're good disinfectants 'cause they work against a lot of different organic things. Um, as opposed to like, taking an antibiotic, which is targeted to some extent, although there are broader spectrum, you know... They work in different ways.

So this is why it was such an effective thing. It just-- it kind of killed everything. And when I say organic compounds, organic... you know, organisms, organic things--

Justin: Organic organisms.

Sydnee: Organi-- [laughs] People, too, can be harmed by bleach.

Justin: Living stuff.

Sydnee: Uh, if you, you know, ingest it. Certainly enough of it. Um, we started using bleach, like I said, to disinfect things. Dilute bleach solutions were used, like I said, in hospitals, industrial uses, we used them in pools, you know. You know that, right?

Justin: Mm-hmm.

Sydnee: Chlorine in your pool.

Justin: Yes, I do.

Sydnee: Uh, now sodium hypochlorite in particular did have a couple medical applications, uh, beyond just for like, non-living objects that you want to clean. We've talked about before Dakin's solution.

Justin: It sounds familiar.

Sydnee: D'you remember that? Henry Dakin made a very dilute solution using sodium hypochlorite back during World War I, and it was a way to clean wounds, and it is still used to this day. It's still used. Dakin's solution.

Justin: That's a good solu-- that's a good solution.

Sydnee: Um, it's... The strongest is about .5%, and that was the strongest that was felt to be both effective in killing the stuff you wanted to kill and not causing a lot of damage to the surrounding tissue, because that's the problem, right? If you just took straight-up non-diluted bleach and dumped it on a wound--

Justin: Bad.

Sydnee: You would kill bacteria that might be there...

Justin: Good.

Sydnee: Right, but also you would damage the human that's there--

Justin: Bad.

Sydnee: As well.

Justin: Bad.

Sydnee: Um, and that's the truth-- that, that's the thing with--

Justin: And I'm betting that .5 solution stings. Oh, man, I bet it hurts so bad.

Sydnee: I don't-- I mean, I've seen it used, though.

Justin: Whenever people put something on things, and then it--

Sydnee: In the hospital.

Justin: Yeah? What about in movie-- you know like, in movies whenever people put stuff on something and they go "[hisses] Ah..." I bet it's that stuff.

Sydnee: Yeah, no, no, because in movies when people are just like, dumping things on wounds, it's usually like, vodka or something, right?

Justin: [laughs]

Sydnee: It's usually like, they grab a bottle of liquor and dump it on the wound.

Justin: Yeah.

Sydnee: Um, Dakin's solution, by the way, is never ingested.

Justin: Ever.

Sydnee: No. It-- so, so we did figure out that we could use this kind of bleaching solution, a bleach, for a medical purpose on a human body, but it was purely topical. It is not...

Justin: Just outside.

Sydnee: Which mea-- topical as in on the skin, not topical like... current...

Justin: Like, "Did you hear? Did you hear the news about how everybody's drinking bleach?"

Sydnee: [laughs] "Did you hear about Dakin and his bleach?" Uh, there is another thing we need to talk about: chlorine dioxide. This is a gas, um, but it can also like, exist as a dilute liquid, like a solution, it can be in a, in a solution. Um, and this particular bleaching product, this particular bleach can be used for wood pulp, um, textiles, uh, beeswax... Like, there's... It has these like, industrial... specific industrial applications.

Justin: Okay.

Sydnee: And when you start talking to the proponents of these fake treatments, they use all these different words to try to c-- like, to try to combat the, the truth of what they're doing. So, what they'll tell you is that the... We're gonna get into miracle mineral supplements, MMS. That the MMS they sell is not bleach, and everybody's lying when they tell you that it is, and they're right in that it is not bleach, because when you buy their MMS, you have to buy an activator, and the activator turns the MMS into bleach.

So the chlorine dioxide that results is absolutely a bleach. So you are going to be ingesting bleach, it's just not... When they say, "Oh, everybody says it's like household bleach. Well, it's not!"

Well, that's true. It's not household bleach. It's a different bleach, and it doesn't happen until you buy their other thing and turn it into that.

Justin: Right.

Sydnee: So that is the... Just to kind of unwind the lies that they tell.

Justin: Got it.

Sydnee: Because they'll say, "Well, that's not true. That's absolutely not true," and...

Justin: It is.

Sydnee: It is. So, who thinks you should drink bleach?

Justin: Nobody!

Sydnee: Jim Humble does.

Justin: Oh, my mistake. I should have guessed that, in hindsight, that there would be somebody.

Sydnee: It-- I-- this feels like an odd thing that you have to say, like, "Don't drink bleach." I don't feel like there was ever a time in my life where I didn't know not to drink...

Justin: Well, there was probably a time in your very early years.

Sydnee: Yeah, but like, that was an early... From my earliest memories, your parents are like, "Don't get in that cabinet, there's bleach in there! That can hurt you."

Justin: Right.

Sydnee: "Don't drink that."

Justin: "Don't drink that bleach. Okay, you got in the cabinet, fine. But don't drink the bleach."

Sydnee: [laughs] Jim Humble is-- he is the founder of the Genesis II Church of Health and Healing, and I usually... You know, on the show, we try to be very sensitive to diverse, uh, belief systems and faiths. He is... It is very clear on the Genesis II website that they-- that this is not... A religion does not have to believe in a higher power. A religion can just be dedicated to health.

Justin: I just don't...

Sydnee: So their religion is health.

Justin: I still don't believe that, though.

Sydnee: I don't-- I'm not gonna sit here and get into the semantics of the word "religion," but that is... This is not a church in the sense that they practice some sort of faith that you would identify. Like, they don't... They're not Christian. They're not any of the major world religions that I could, that I could unravel.

They do quote the Bible sometimes on their website, because I kept thinking like, is this, is this some sort of non-denominational Christian faith? I couldn't find that connection at all. They say very clearly that their religion is in health and humans.

Justin: Samuel L. Jackson quotes the, the Bible in Pulp Fiction, but he's not a church. Think about that.

Sydnee: [laughs] So, I-- they are not, they are not, um... They are not associated with any world religion that I could-- that I could find. Uh, they... Their primary activity is to go fix the world through the use of this miracle mineral supplement, MMS.

Now, as to how Humble came up with it, he has this--he tells lots of stories. That he was an aerospace engineer, that he worked on the atomic bomb, um, that he worked on a lunar module... He does not have a degree in engineering.

Justin: But they were like...

Sydnee: So, I don't know the ne--his background is very questionable.

Justin: Got it.

Sydnee: As to what exactly he did, and what his job was, and what kind of, um, education or training he might have to come up with anything like this. Uh, and a lot of people have done a lot of good research and digging and like, like journalists have uncovered this stuff through the years, 'cause this is... I mean, he's been around for... Like, since-- at least since 2008, he was being investigated. I think this probably even predates this, like 2004-ish.

Justin: Okay.

Sydnee: So he's been around for a while, and so people have been looking into his lies for a while. Uh, more recently he has said that he is a billion year old god from the Andromeda galaxy.

Justin: That i-i-p-- is probably equally hard to quantify, uh, and double check that information.

Sydnee: That's right. I don't know how you prove--

Justin: And almost...

Sydnee: How do you disprove that?

Justin: You know, it's funny in a sense, and this may be a stretch, but you could almost call the other stuff that he's said into question a little bit more because he, uh, claimed to be a million year old god from the Andromeda galaxy.

Sydnee: I found on, on one website... Because a lot of people have looked into this, have, have looked into this and this guy, uh, that he was a former Scientologist, but I only found it on website, and so--

Justin: Aw, man. That would go... Yeah.

Sydnee: I couldn't make that tie.

Justin: That would go down smooth.

Sydnee: He may have been. I don't know. Uh, but anyway, so he claims to be this god who is here to take care of us, protect us. He's like The Doctor, except--

Justin: He's like The Doctor, except...

Sydnee: Except he sucks.

Justin: [laughs]

Sydnee: And he's hurting people. Um, also The Doctor's not a god. I didn't mean to insinuate that The Doctor is a-- obviously The Doctor's not. Anyway.

Justin: [nasally voice] Well you know, Sydnee, there are some...

Sydnee: [laughs]

Justin: Non-canonical works that...

Sydnee: Uh, so he discovered the miracle of his, uh, mineral supplement while he was in South America. He was with a prospecting team looking for minerals, like you do.

Justin: I mean, or was he? Right?

Sydnee: Oh, well I mean, this is his origin story.

Justin: And according to-- according to legend.

Sydnee: So-- right, yeah. According to legend, one of his colleagues got what he calls "The most deadly form of malaria," I assume falciparum.

Justin: Super malaria.

Sydnee: I'd just assume falciparum is what he is referencing. Uh, and he said that it, it was the variety that kills within hours if no medical intervention is possible. That's not... Mm... I mean, hours from what? From your mosquito bite? 'Cause no. But anyway.

So, one way or another somebody got malaria, which is, I mean, bad. Malaria-- we have talked about malaria before. It's bad. And, uh, he knew that it was

gonna be too late for them to get this person to proper medical treatment. Like, they were gonna die before they could get them taken care of.

So, he gave him some of his water purification drops, which was just some sodium chlorite, some bleaching solution, in water. You know. They were water purification droplets, which is-- this is all perfectly reasonable, but he gave them to the guy, and he like, within hours, was fine. Within hours, his malaria--

Justin: He gave it to him-- I'm assuming, I'm assuming you're saying he gave it-- gave him the water purification at like, too high of a concentra-- like it wasn't like, put into water, right? And diluted.

Sydnee: No. He just said, "Drink this."

Justin: "Drink the..."

Sydnee: I don't know how much of it he drank, but he said--

Justin: The straight up water purification?

Sydnee: Yes. "Drink the-- drink these water-- drink this solution of sodium chlorite."

Justin: Whose idea was this?

Sydnee: It was Jim Humble's.

Justin: It was his-- he was in South Africa? He was like, "I've got a wild idea."

Sydnee: South America, yes.

Justin: South America, sorry. "I've got a wild idea. Drink these water purification drops."

Sydnee: Mm-hmm, mm-hmm. And the guy was better. It cured... Not only did it keep him alive until he got medical treatment, he's not saying that. He's saying he cured his malaria by having him drink the bleach, and then he was fine. And this is the origin story of MMS.

So, why are we talking about it?

Justin: Iunno.

Sydnee: Why, why do we-- why do we care about this one guy who maybe or maybe not drank bleach, and then his malaria was better?

Justin: I mean, I have a theory. I have a theory, but...

Sydnee: Well, it didn't stop there.

Justin: I figured. Yeah, okay. That was my theory. Confirmed.

Sydnee: But first-- but first, let's head to the billing department.

Justin: Ugh, let's go. Let's luxuriate in the billing department before we have to take more about this dude.

[theme music plays]

Justin: You wake up. It's-- It's 8:00 AM. Your kids are... uh, awake. Your wife is asleep.

Sydnee: [laughs]

Justin: You have a podcast show later in the day and you want to get the day started right, but you're in a strange city. You can't leave! You can't-- you can't just get, get in the car! Put the kids in the car by yourself? Are you kidding?! But you need donuts.

Sydnee: You're wife's gonna be so mad if you take them out in their pajamas again.

Justin: Again. Who do you turn to? Well, you turn to Postmates. They're the-- they're the pals that'll bring you things. That's not their tagline, but it definitely should be.

It's a food delivery, grocery delivery, whatever you can think of delivery service, 24/7. Don't run out to the store for one thing. That's incredibly annoying. Download the app for IOS or Android for free. You can browse local restaurants, businesses, and even track your delivery.

They are the largest on demand network in the known universe, which is extremely powerful. Uh, and they have more than 25,000 partner merchants. For a limited time, Postmates is giving our listeners \$100 of free delivery credit for your first seven days.

So, start free deliveries. Download the app right now and use the code "sawbones." That's code "sawbones," for \$100 of free delivery credit for your first seven days when you download the Postmates app. You get anything you need, anytime you need it! Download Postmates and save with the code "sawbones."

You know, buying life insurance is, is really important and not... Glamorous. Yeah, I've been working on some plans to try to make it a little bit more chic, like maybe have some special pins for signing the required paperwork that are kind of hip.

Sydnee: You're gonna need some influencers.

Justin: And fun. I need some young influencers. Podcast listeners? Maybe. To get on board with my strategy of making it crazy sexy cool, to quote TLC. But--

Sydnee: Just talk to those Fyre Festival guys.

Justin: It doesn't-- [laughs] They should-- they-- yeah, they're the perfect partners for this.

Sydnee: [laughs]

Justin: Um, so it's not super sexy, but it, it doesn't have to be, uh, an utter nightmare. Policy Genius is here to help. Uh, Policy Genius makes it easy to get, uh, financial security for your family without the growing pains. You can buy life insurance online in just two minutes. You can compare quotes from top insurers to find your best price.

Once you apply, the Policy Genius team will handle all the paperwork and red tape. No commissions, no hidden fees, just, uh, a little bit of peace of mind, and you can't put a price on that. So next time you stop to smell the roses, pull out your phone and head to policygenius.com. Policy Genius: spring is here, kick it off by nipping life insurance in the bud.

It was mandatory, the part where I said s-- next time you stop to smell the roses. That's a very strange-- they-- I was required to say that. Some of you thought, "Well, that was a weird thing for Justin to say." That is why, folks, [wheezes] that is why. I guess this is a spring themed, uh, in-- life insurance ad.

Sydnee: Sure.

Justin: I've discovered at the end, but not at the beginning. [laughs] But it is worth noting that you should, uh, never stop thinking about life insurance. I know I don't. There's not a great season. What, do you want a Christmas one? That's no good. [wheezes] Just spring! It's as good as any other season. Fall would probably be optimal, right?

Sydnee: All right, all right.

Justin: The leaves are beginning to fall.

Sydnee: All right, Justin. You've--

Justin: [laughs] Time wrenches it's... Okay.

Sydnee: All right.

Justin: Policy Genius. Spring is here, kick it off by nipping life insurance in the bud. Head on over to Policy Genius, and get insured for your life.

Sydnee: So once Jim got back to the United States, he wanted to share his miracle solution with everyone. Uh, he thought that this was probably great against malaria, but--

Justin: That's what it says on the box. "Probably great against malaria."

Sydnee: But what else could it treat? Who knows. I mean, there's... It's probably endless, 'cause...

Justin: Sure!

Sydnee: We didn't see that coming, that drinking bleach would help with Malaria, so what else-- like, let's just try--

Justin: What other great--

Sydnee: Other things. So, uh, he formulated Miracle Mineral Supplement. It has different substances in it. Um, it's not just one thing. Uh, and, and they say that it... It is a 22.4 solution of sodium chlorite, and then there's some table salt in there, and then they say there are some other neutral chemicals like sodium hydroxide, sodium carbonate, and sodium bicarbonate, which... Just on a side note, sodium hydroxide is not... I assume this is a pH thing when he says neutral, that he means a neutral pH. It is not, um, neutral. It is, it is very alkaline. It's very basic, so I don't even know what they--

Justin: It's basic.

Sydnee: It's basic. Um, it's a very strong base. I don't-- I don't know where that-- I don't know where that comes from, but... Anyway, so it's, so it's a solution of all these things, um, and you have to activate it by adding citric acid, and then you get, uh, chlorine dioxide, as we've already mentioned, in solution. And the... And so when you hear these things, you'll often hear "MMS/CD."

Justin: Okay.

Sydnee: And the MMS is the Miracle Mineral Supplement that you activate, and then get CD, chlorine dioxide, which is bleach. Which is a bleach. Uh, and, and so if you see those two things listed together that's why.

Uh, according to their website you can treat not just malaria, but cancer, the flu, HIV, herpes, uh, any problems of the mouth, gum, teeth, sinuses, uh, constipation, burns, fungus, Ebola, staph infections, eczema, cold sores... Uh, they have-- yes, anything.

Justin: Anything.

Sydnee: Anything. That this is a-- it's do-- This is one of those doctor's don't want you to know about.

Justin: Yeah. Bleach.

Sydnee: All along, the treatment...

Justin: This is-- this is like... This is so classic. Like, this is the most classic sort of American thing that I can come up with, is that this cat finds out that if you give water purification gunk... He accidentally cured someone's malaria with it, right? He didn't, obviously, not true, not real.

Sydnee: No. I would say the story is probably either completely fabricated or almost completely fabricated, or-- I mean, he didn't--

Justin: He did, he did sug--

Sydnee: He didn't cure malaria.

Justin: He did suggest to someone that they drink his water purification stuff, and then they were like, "Um, no. Absolutely not." That was the end of the story.

Sydnee: Maybe, yeah.

Justin: But anyway, he finds that and what does he do? Does he say, like, "I-- oh my gosh, I figured this out! I better report it to people who can study the effects!" Does he put it on the-- like, Twitter, just like, "Hey, life hack! You can cure malar--" No! He starts a business about it, and starts trying to cure other things with it. Like, 'cause of course. Of course.

Sydnee: The, the problem is, exactly like you said. He doesn't do any research. There is no research on this.

Justin: None.

Sydnee: There are no... There's no... It's like a lot of our, uh, patent medicine salesmen and women of the past. It relies on testimonials. That is largely what you will find if you start looking into evidence that this works. You'll find people who say that it works.

Justin: And hey, probably don't start looking into evidence, because I have seen, uh, Sydnee, um, cry more researching this episode than I think any other that we have done, maybe?

Sydnee: It's just-- it's so-- it's hard because... I don't, I don't think I need to say this, but drinking bleach, drinking chlorine dioxide solutions, is-- it's dangerous. It's toxic, and so far no one has, has... No has been proven to die from this

treatment. We have-- we do not have a pro-- There was one questionable, but it sounded like it was not necessarily this.

Uh, but there are definitely reports from people who are saying it's working, and then talking about the symptoms that they're having or that their child is having as evidence that it's working, and these are s-- these are symptoms of toxicity, so it is definitely harming people. It is not... It has not, so far, resulted in the loss of a life, that we know of. That we know of.

Um, but it's so obviously harmful, and I don't... I don't think I need to, to tell you that there are dozens of articles that will tell you that drinking chlorine is bad, that it's a good disinfectant, it's a good industrial cleaner, it's not good to drink. And you probably couldn't do a study on it, because if you went to the Institutional Review Board, if you went to the IRB and said, "I want to do a study where I feed humans bleach and see what happens," they would probably say, "No."

Justin: "No."

Sydnee: "Uh, we have so many studies that say bleach is dangerous. No, you can't-- you can't do this." So we're not gonna get a study. Good, which is good.

Justin: Good! That's smart.

Sydnee: I think if it was just Jim Humble and his church, this might be limited in its scope, but you also have to... I don't want to use the word "credit," blame Kerri Rivera for a lot of this nonsense and how far it has spread, as well.

Kerri Rivera, known as Keto Kerri more and more these days, because I think she will push whatever she can sell. Uh, and, you know. Keto is very popular, so these days she's going by "Keto Kerri," because she has a keto diet that she was already, I think, a fan of, and now that it's very popular she pushes that, too.

But she, uh, is a big proponent of what she has dubbed "CD Therapy." It's for chlorine dioxide therapy, specifically for autism. Now, she notes that this can cure a lot of other things, too, but she uses this bleach therapy to focus on people with autism.

And I would say that she's largely targeting the parents of children who have been diagnosed with autism. Obviously I-- She would not li-- I don't think she

would limit it to that. She would say anybody with autism, but I feel like these tend to be more targeted at parents that they can convince to use this on a child, as opposed to a person who would use it on themselves. Does that make sense?

Justin: Yes.

Sydnee: Uh, she advocates drinking the solution. And when I say "drinking the solution," I want to be clear. Nobody is telling people to drink the whole bottles, because if you drank the whole bottle of either the MMS or the CD, if you drank the bottle you would almost certainly die.

Uh, they advocate using drops, and they have a protocol that they tell you to follow, and it depends on what you have and what you're treating and what "phase" of the protocol you're in as to how many drops you take.

So it may be that you're taking, you know, eight drops three times a day, or sometimes-- I-I saw some that were up to like, fifteen drops, and it's in water so it's even more diluted. So they're-- they're telling you to take it in a way that is less likely to kill you, but she also says you're going to see things like nausea, vomiting, diarrhea, as a result of this.

And if you asked Jim Humble or Kerri or any of these people who advocate for this, they will tell you this is a sign of the detox. We always hear that with detoxes, right?

Justin: Oh, yeah.

Sydnee: If this makes you sick, it's because it's working?

Justin: Right, exactly.

Sydnee: Gosh, that's as old as medicine. We've talked about that since the days of the four humors. If this makes you puke, if it makes you poop, then it's working.

Um, and they, they will tell you that it is because, according to Kerri, autism is caused by parasites and worms and bacteria and toxins and viruses and... You just name a lot of stuff, because then whatever comes out you can say, "Oh, it worked!"

Um, none of this is, is true, but this is what she will tell you. And so when you have all these symptoms, you are expelling whatever it was that caused... "caused" the autism to begin with. Um, specifically they focus a lot on worms that will come out in your stool, especially after the enemas of the solution.

They, they-- you can find-- I wouldn't recommend you looking for them-- There are pictures where people have posted the "worms" that they have expelled all over the internet. People love to post pictures of these.

These are not worms. These are pie-- these are pieces of intestinal lining that have sloughed off.

Justin: That we need, I w-- I would assume, that are good for us, right? To have, in there?

Sydnee: I mean, we gener-- yes.

Justin: Better than the default.

Sydnee: There is no-- there is no reason for you to intentionally slough off the lining of your intestine. It will grow. I mean, your intestine does-- like it-- there-- more will come. You didn't lose it forever, um, but it's-- that-- Don't do that. Like, this is not safe.

Um, and these are seen as signs that like, "Oh good, you've gotten rid of the worms so things are gonna get better," but this is probably just the toxicity. No, this is certainly the toxicity of the substance that, that you're either ingesting or using as an enema.

Um, she was a speaker. She promoted this at what is called the AutismOne conference. Now, she is not a current speaker, but in the past she has spoken there. She's gotten in trouble for promoting this therapy there. Um, but it sounds like the AutismOne conference, from my reading of what they promote, has lots of non evidence-based therapies. Andrew Wakefield was one of their presenters. They're very anti-vax.

Justin: The vax, yeah.

Sydnee: Yeah. So I-I think that there was a lot of probably bunk science at this conference, but she was so bad that I don't see her listed as being invited back, um, because--

Justin: That's pretty bad, eh?

Sydnee: Yeah.

Justin: That's pretty bad that they were like, "Ehh, I don't know. This is a bit much for us."

Sydnee: She's very careful about how she pushes it now, because the FDA and Health Canada, and the Agency for Toxic Substances and Disease Registry, and the Food Standards Agency of the UK, and the National Autism Society of the UK, as well as tons of other, uh, state and federal regulatory and medical and advocacy organizations have all come out against this. Um, there is no scientific organization that will tell you to do this, period.

Justin: No, obviously! Of course!

Sydnee: Anybody who's heard of it has either casually said "Don't do it," or publicly made statements, or if they're like, a regulatory agency, has taken action to stop her from doing this. So like, she'll joke, like, she can't tell you to drink chlorine dioxide...

Justin: But if some happens to... God.

Sydnee: But there-- but you can find the protocols. You can go on her website, and she pushes a lot of things like books about autism cures, books about the keto diet, um, lots of, uh, supplements and, um... They're like-- there's something on there called Mother's Helper.

Justin: Mother's Helper.

Sydnee: And it-- these pills, among their other ingredients, their herbal ingredients, also contain 140 milligrams of caffeine each. I wonder how those work. Uh, that's, that's a lot of caffeine.

Justin: That's a lot of caffeine.

Sydnee: Like, your cup of drip coffee has like, 50 milligrams, I believe.

Justin: Oh, it's all very-- it's very--

Sydnee: I mean like, if you're get-- if you're getting coffee at a coffee shop it's higher, but... Anyway, 140 milligrams. Uh, there's castor oil on her website. Ketox foot... baths. Um, and then--

Justin: Those are-- I just looked. They're like, 400 bucks.

Sydnee: Yes. And you can also get an hour consultation with her for \$120.

Justin: A deal! Do you think she would do our show? [laughs] Do you think it would be like, at the beginning--

Sydnee: I-- I don't want to give her a voice.

Justin: Quietly mumble like, [quietly] "This is for our podcast Sawbones. We're recording the whole thing. Anyway, let's get started! With this great consultation!"

Sydnee: Uh, she's gotten enough, uh, time to make her case, I think. And it's all lies. She will tell you that she's... "recovered" is the word she uses, over 500 children from autism.

Justin: [loudly] Get rekt! Like, seriously? That makes me so friggin' angry. Like, can we stop treating neurodivergence like frigging smallpox, like we need to eradicate this plague of-- God, I know we've said it on other episodes, but it makes me so furious. It's like, bad enough that... You're not only lying and ripping people off and killing people, you're also like, creating this aura around... Sorry Syd.

Sydnee: Yes. Yes. Well, the-- it's, it's furthering the discrimination and the prejudice and the judgment and the stigma.

Justin: Yes.

Sydnee: That there is one right way to be, to think, to behave, to move through the world, and that everything else is wrong and needs to be fixed. That, that is exactly the, the... Part of the damage of this "treatment" is not just the actual, toxic, physical damage.

Justin: Which does occur, again, is real.

Sydnee: Yes, that is real and is happening to everyone who is being exposed to it, and a lot of the people who are being exposed to it are children who do not have any say. Who, who-- like, their parents are giving them medicine.

And like, our kids, like when my daughter has a fever and I give her some Tylenol, she takes it 'cause Mommy told her to take the Tylenol for her fever, and these kids are doing the same thing. "Mommy's telling me to take the medicine, so I'm taking the medicine." They have no voice. They have no way to protect themselves, to stop this.

The parents are well-meaning, in that they think they are... They're looking for help. But what they're doing is harming their children. I mean, they're damaging their children. And these people are profiting off of convincing...

And again, I'm not saying it's just parents. There are other people who go drink this bleach voluntarily. There are people who, because it has been pushed as a cure for lots of other things, especially by Jim Humble, people go to receive what he calls the sacrament.

That's how a lot of this has been protected, too. It's all supposedly a religious thing with him, so it's-- you, you receive your sacrament of MMS, um, and you can cure all the world's diseases that way. It's, uh, to attend his, like...

There was a conference. The reason we got all these tweets about it is there was just a conference in Leavenworth, Washington on 4/20.

Justin: Nice.

Sydnee: For \$450 a person, or \$800 a couple. You can come--

Justin: That may be, may be the worst part. That they would do this on 4/20.

Sydnee: On 4/20. Uh, you can come and get the "sacramental protocols," um, and then they will-- they'll sell you that, too. That's a separate charge.

Justin: Of course, of course, of course, of course.

Sydnee: And they'll give you instructions on how to do it, make the chlorine dioxide and take it and it will cure all your diseases. So it's not just being pushed on, uh, people with autism or parents of people with autism. It's being pushed on anybody who has anything. But it is dangerous, and it is furthering dangerous ideas, and, and stigmas and stereotypes, and it is physically harmful to the people who are using it.

Um, unsatisfied with harming Americans, Humble has branched out to other parts of the world. Uh, he has been selling sacrament to victims in Uganda to cure malaria. There are, there are videos that they've released of them convincing people in Uganda to take this treatment and to try to cure their children who have malaria, who are very sick, with it.

It's all very, um... It's very disturbing, and they should all be stopped, 'cause what they're doing-- I don't understand how these people are still operating. How is this not...

Justin: I don't know.

Sydnee: I don't know. I always feel like I understand the laws about this stuff until I see that Keto Kerri is still out there selling stuff. She's walking the earth freely, convincing parents to feed their children bleach. Um, and the reason I think it's worth talking about is 'cause she is still operating. Her website's still up. You can still buy stuff. You can still--

The consultations, the reason she does it that way is then she can tell you privately how to do the protocols, because if you publish it too much then she gets in trouble, so she just privately one-on-one tells you how much bleach to drink.

Um, and Jim Humble is holding another seminar... It's what he calls them... This summer, August 17th and 18th in Eden, New York. I guess the location is to be decided, but he's not, he's not stopping. He's not done.

And there is no science for any of this. None of this works. None of this does anything. It is harmful. Um, the next time somebody tells you about it, I hope this has armed you with enough scientific information to explain why it's totally, totally fraudulent. Absolutely no basis in any kind of medical or scientific evidence.

Justin: It's... Yeah. I mean, it's-- Sydnee almost didn't want to do this one, because it's like, it just is so much. Like, what do we... This is the only outlet that we sort of have for this sort of thing. Like, Sydnee I guess can independently tell her patients not to drink bleach, but that seems a trifle unnecessary, and probably not, um, the best, most productive use of her time, but like, this podcast is what we got. Um, so if you're listening to this and you're like, a cop or something--

Sydnee: [laughs]

Justin: Or like, a d-- I don't know.

Sydnee: I don't think any police officer could just go arrest--

Justin: I'm specifically not saying that like... I don't know, Anonymous? Do you all take out bad websites? Can you-- I'm, I'm not suggesting that you take out any bad, uh, websites, like ketokerri.com.

Ketokarri.com has a huge badge above her products that says... It's like-- like, it looks like one of those seal of approval kind of things. And it says, uh, "Kerri Rivera Recommended." Like...

"Approved!"

"By-- by who?"

"By me!"

Sydnee: "By me! I approved it!"

Justin: "By me, it's good! I endorse it!"

Sydnee: "It's my website, and I endorsed it!" The--

Justin: Um, I just-- Sorry.

Sydnee: The worms, by the way... Those are often used as proof, and you will see them called rope worms. This is a whole thing, the idea that there are various... Bleach is one thing, but there's a whole idea behind that there are rope worms in your body that cause all manner of disease, and you can get rid of them by taking all of these different things that people will sell you.

Um, they are intestinal lining. You can find them all over the internet. There was a big-- there was a paper written about them. It was never published in a peer-reviewed journal, and in that paper it says that rope worms are most likely to attack people whose blood pH is between 8 and 10.

If you don't need any-- if you don't need to know any other reason why all of this is fake and there are no such thing as rope worms and none of this is real, if your blood pH was between 8 and 10 you'd be dead. For sure, 100% dead, not alive. So they don't even know basic-- basic science.

Um, but rope worms are not real, and that's a big part of this is, "Well, you're expelling the rope worms." No, they're, they're not-- that's not a thing. That's not-- there are worms, not rope worms. They're not real. That's your intestinal lining that has been shed because you drank bleach. Please stop.

Justin: Please stop drinking bleach. And, uh, just a reminder, just to reiterate, if you are somebody on the autism spectrum, you don't need to be cured. You need to be, uh, supported and understood like... [drum roll] every other human being on the planet, yay! But, uh, you don't need to be cured. Stop trying to cure autistic people.

Um, so that is, uh, that is our show for this week. Uh, again, Anonymous, that-- [wheezes] that website was ketokerri.com, if you could just kind of... I don't know what y'all do, and I'm not specifically saying you should do it, but if you are doing it, it is among the websites available on the internet is all I'm saying. Or it, like, you could report her to the Better Business Bureau? Is that something?

Sydnee: I mean they, they've been regulated. Both Jim Humble and Kerri Rivera have been regu-- like, they've been... Law enforcement has been on 'em before, but I don't know what it takes to be stopped.

Justin: Where is--

Sydnee: I don't know.

Justin: Oh, I got one. Where's the thing in, um--

Sydnee: People get stopped, and I don't know how these people haven't been.

Justin: Where's the next-- you said the next seminar is in Eden, New York, right? Do you know the facility that it's at?

Sydnee: No.

Justin: They're not saying? It's not publicly available?

Sydnee: It's-- well, it's not on the website. It says "TBD." It's not on the website.

Justin: [wheezes] TBD. Well--

Sydnee: I mean, I think that they're, they're probably-- they know that there's a decent chance they'll get shut down before then.

Justin: Uh, yeah. So, I guess keep an eye out if you're in that area. If you figure out wh-- [wheezes] where that's gonna be, maybe you could call the location and just say like, "Hey, please don't put it there. It's like, really whack."

Uh, they're @Genesisiichurch on Twitter, although they don't seem to be particularly active there. I don't know. I'm, I'm struggling here. I'm trying to-- I'm grasping at straws trying to come up with something to do. It's just like, you want to do something. I don't know what, what anybody can do.

Sydnee: I mean, if, if... The best thing you can do is have the knowledge that when you hear this stuff you can say, "Oh, no. Oh. That's-- let me, let me tell you some stuff I've learned about that. Um, those people are trying to rip you off. They're, they're trying to trick you, and they're fraudulent, and here's, here's some stuff I know. Don't fall into that trap."

Um, that-- I think that, that's maybe the best thing people can do. If people won't buy it, they can't sell it, and then nobody gets hurt.

Justin: Uh, folks, that's-- that is actually gonna be our show for this week. Thank you so much for listening. Um, if you could rate and review our show... We don't tell people to drink bleach, so that's one huge thing in our favor. Um, we, we almost kind of tell 'em not to. Um, is kind of our wild thing that we're on.

Sydnee: We'll get back to history next week, but now, now we've all been armed with the information to hopefully stop this. Most of ridi-- most ridiculous of fake treatments.

Justin: If you go to, uh, mcelroymerch.com you can find merch for all of our podcasts. We've got a new vaccine shirt, uh, that says "Vaccines: safe and effective since 1796" on there. It's pretty cool, uh, and we would like it if you would check it totally out. Portion of those proceeds on that shirt are gonna go to vaccine awareness and education, so if you want to, uh, get that shirt, it's at mcelroymerch.com, along with some other stuff.

Sydnee: And get vaccinated!

Justin: And get vaccinated!

Sydnee: I mean, we won't--

Justin: It's almost better than--

Sydnee: We won't provide that.

Justin: No. Not available on the, on the site currently.

Sydnee: Go to your doctor or health department. Get vaccinated.

Justin: Um, and-- th-- [laughs] Thank you Taxpayers, for the use of our song Medicines as the intro and outro of our program, and thank you to you for listening to our podcast! We will be with you again next week, but until then, my name's Justin McElroy.

Sydnee: I'm Sydnee McElroy.

Justin: And as always, don't drill a hole in your head!

[theme music plays]

[Chord]

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[gunshot?]

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Speaker Five: [stamping noise] Tough but fair!

Jesse: Subscribe to the podcast today.

[gunshot???

John: Judge John Hodgman rules.

[gavel banging]

John: That is all.

